

EMERALD GREEN STEPS FOR A HEALTHIER PLANET

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1. Choose organic foods – According to a 2003 Rodale. Institute Study, organic farming practices help soil retain 15-28 % more carbon than conventional methods www.ams.usda.gov/farmersmarkets/map.htm.
2. Dress sustainably. Organic cotton, bamboo, hemp, linen, and silk. Some yoga wear even incorporates soy, which has natural antimicrobial properties.
3. Cool down your laundry: If you wash two loads in warm or cold water instead of hot/per week, you'll save around 500 pounds of carbon dioxide every year.
4. Become carbon neutral. It can cost as little as \$8 a month to offset the emissions of a typical large car. Learn more at Native Energy, www.nativeenergy.com.
5. Get politically involved: Let your elected officials know the environment matters to you. Find out who your reps are at www.votesmart.org.
6. Advocate: Urge your professional association to take a stand on global warming.
7. Drive less!! Walk, bike, and/or take public transit.
8. When you drive: Properly inflate tires, keep engine tuned, carpool, and don't idle. Visit www.fueleconomy.gov for a list of most and least fuel-efficient cars.
9. Educate yourself and others: in academia, in corporations, in religious settings, in hospitals, everywhere you are involved.
10. Post information on the connection between human health on the physical, emotional, and spiritual levels, and global warming everywhere.
11. Green your computer. Contact www.epeat.net.
12. Get more earth-friendly ideas by checking out Treehugger at www.treehugger.com.
13. Switch to wind-generated, solar, or earth friendly electricity. Visit www.eere.energy.gov/greenpower.
14. Volunteer your time. Many organizations could use your creativity and energy to tackle environmental problems. Visit www.idealists.org for the right one for you.
15. Invest your money wisely by supporting companies working toward sustainability. Learn more at www.ceres.org.
16. Learn to make greener purchases in your daily life by checking out The Green Guide at www.thegreenguide.com.
17. Use elbow grease, not appliances. You can save 700 tons of carbon dioxide emissions per year by line-drying your clothes in spring and summer instead of using the dryer.
18. Generate your own electricity by purchasing a Human Power Generator, a stationary-bike-style contraption that allows you to supplement your electricity. www.windstreampower.com.
19. New homes: install solar light cells, double panel windows, wrap water heaters in an insulation blanket, and use Ecobulbs to obtain more light with less wattage.
20. Buy intelligently: recycled papers & products take 70-90% less energy & prevent loss of forests worldwide.
21. Insulate and weatherize your home. Get a home energy audit, many utilities offer free home energy audits to prevent energy inefficiency.
22. Plant a tree and replace older destroyed trees to protect the environment.

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